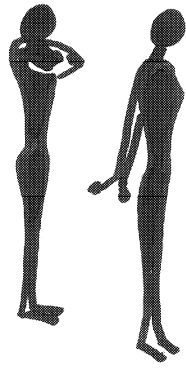
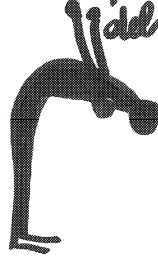


# PRATICA x IL VI SO

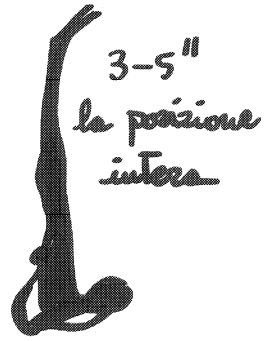
3-5 il leone



2 l'espansione del Torace

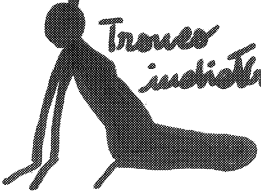


10 la branta



3-5" la posizione intera

3 la flessione del Tronco indietro

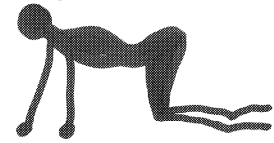


10 d./s.

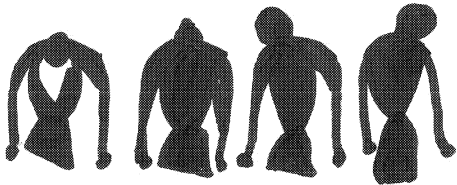


esercizio x gli occhi

5 la posizione caproni



5 d./s. la rotazione del collo



3" la posizione della Testa